

COMPARISON OF THE SCHOOL MEALS INITIATIVE (SMI) MENU PLANNING OPTIONS FOR LUNCH

	Traditional Meal Pattern	Enhanced Food Based Menu Planning (EFBMP)	Nutrient and Assisted Nutrient Standard Menu Planning (NSMP/ANSMP)
<u>Meat/Meat Alternate</u>	Grades K-3 1 – 1 ½ ounces Grades 4-12 2 ounces	Grades K-3 1- 1 ½ ounces Grades K-6 2 ounces Grades 7-12 2 ounces	No requirement for any one type or amount of food.
<u>Fruits/Vegetables</u>	Grades K-3 ½ cup Grades 4-12 ¾ cup At least two different fruits and/or vegetables must be offered at every meal	Grades K-3 (optional) ¾ cup Grades K-6 ¾ cup+1/2 cup over a week Grades 7-12 1 cup At least two different fruits and/or vegetables must be offered at every meal.	No requirement for any one type or amount of food.
<u>Grains/Breads</u>	Grades K-12 8 servings per week Minimum of 1 serving per day. Grain-based desserts may <u>not</u> count towards meeting the requirements of a reimbursable meal.	Grades K-3 (optional) 10 servings/wk Grades K-6 12 servings/wk Grades 7-12 15 servings/ wk Minimum of 1 serving per day. Grain-based desserts may count toward the grains/breads requirement.	No requirement for any one type or amount of food.
<u>Milk</u>	8 ounces Fluid milk as a beverage.	8 ounces Fluid milk as a beverage.	Fluid milk must be offered.
<u>Reimbursable Meals</u>	Requirements are met if all of the meal items in the correct quantities are offered daily and weekly. Desserts, extras, condiments do not count towards a reimbursable meal, but must be documented.	Requirements are met if all of the meal items are offered daily in the correct quantities <u>and</u> weekly and at least three are served for each meal. Desserts, extras, condiments do not count towards a reimbursable meal, but must be documented. All foods, including desserts, extras, and condiments, count toward the nutrient content of the meal, except for foods of minimal nutritional value.	Meets the requirements if at least three menu items are offered each day including an entrée, side dish, and milk. All foods, including desserts, extras, and condiments, count toward the nutrient content of the meal, except for foods of minimal nutritional value.

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<u>Offer vs Serve</u>	All five required food components must be offered to students. Senior high school students and, at the discretion of the sponsor, students below senior high may be permitted to decline a maximum of any two of the five required food components.	Same as the Traditional Meal Pattern except for the grains/breads food component. The student must select a minimum of one full serving for the meal to be considered reimbursable.	Must offer a minimum of three menu items including an entrée and fluid milk, and at least two menu items must be selected. One must be an entrée. Students may decline no more than two menu items.
<u>Age/Grade Groups</u>	May use one size meal for all, more are optional.	Two required for K-12, with K-3 as an option.	Two required for K-12, more are optional.
<u>The Bottom Line</u>	Meets the Meal Pattern Requirements, the Nutrition Standards, and the Dietary Guidelines.	Meets the Meal Pattern Requirements, the Nutrient Standards, and the Dietary Guidelines.	Meets the Nutrient Standards including the Dietary Guidelines.

BREAKFAST – Minimum Required Items And Quantities For Ages 6 and Older			
	Traditional Meal Pattern	Enhanced Food Based Menu Planning (EFBMP)	Nutrient and Assisted Nutrient Standard Menu Planning (NSMP/ANSMP)
<u>Fruits/Vegetables/ Juices</u>	½ cup	½ cup	No requirement for any one type or amount of food.
<u>Meat/Meat Alternate</u>	1 ounce Meat/Meat Alternate and 1 serving Grains/Breads <u>OR</u> 2 ounces Meat/Meat Alternate <u>OR</u> 2 servings Grains/Breads		
<u>Grains/Breads</u>			
<u>Milk</u>	1 cup		Fluid milk must be offered.

Reference: A Menu Planner for Healthy School Meals, USDA 1998.